Congratulations, this BLESS is yours.

Please read and understand this user handbook before operating this office chair.
Using & Adjusting Your BLESS

**Pneumatic Height Adjustment**
To lower, tilt the lever up while seated. To raise, tilt the same lever up with all weight off the seat.

**Slide Controller**
Lift far-right back lever up to unlock. While lever is activated, move seat to desired position while seated and release to lock.

**Tilt Lock**
Push lever forward to lock. Push lever back for free float.

**4D Arm Adjustment**
To adjust arm height, lift trigger and move into desired position; release to lock. To pivot, twist arm pads to angle—auto-locks. To adjust arm width, open lever to unlock. Adjust desired position—close lever to lock.

**Lumbar Adjustment**
To raise or lower lumbar position, lift knob up or down to desired height and release—locks automatically.

**Adjustable Head Rest (Adjustable)**
Simply tilt head rest to desired angle. To adjust height, pull head rest using both hands to desired position and release to set in place.
Care Instructions
With regular care and maintenance, your BLESS will provide many years of superior performance and satisfaction. To maintain the quality of your Nightingale chair, please follow the care instructions outlined here.

Mechanism
Once a year, lubricate using light sewing machine oil or similar product. (Spray with plastic straw attached to sprayer). NOTE: To prevent dripping, avoid over lubrication which may cause damage to surrounding surfaces.

Mesh
Clean with mild detergent and water applied with a clean damp cloth or sponge. Rinse with a damp (water) cloth and let dry. Never use hot water and avoid scrubbing. Use gentle movements.

Plastic Parts
To clean, spray with a mild detergent and wipe off using a damp (water) cloth. Do not use abrasives or excessive amounts of cleaner.

Frame
Powder coat frames can be cleaned by wiping with a damp cloth and any mild detergent.

*The instruction for the care and maintenance of Nightingale Products are provided to you as a service. No warranty is implied since results may vary.

FOR MORE INFORMATION, PLEASE VISIT
www.nightingalechairs.com